

NATIONAL INFLUENZA VACCINATION WEEK Dec. 6-11, 2015



SPREAD FUN! NOT FLU!

Everyone 6 months of age and older should get a flu vaccine every season.

**FIGHT
FLU**

IT'S NOT TOO LATE TO GET A FLU VACCINE!

- Flu Activity is low in the US at the last week of November, but CDC has received reports across the country. Most of these outbreaks have been attribute to H3N2 viruses.
- Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands of deaths every season.
- This season's vaccines have been updated to better match circulating viruses.
- CDC recommends a yearly flu vaccine for everyone 6 months and older

Influenza or Cold ?

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

TAKE STEPS 1.2.3. TO PREVENT FLU

1. Get a flu vaccine.
2. Stop the spread of germ
3. Take time to rest and take antiviral drug if you had flu



